

# RETHINK YOUR DRINK

- Make Every
- Sip Count

## How can I make every sip count?

Drink water and nutrient-packed beverages like milk to boost your nutrition.

## I'm 18, do I still need to drink 2-3 cups of milk a day?

Yes! Until the age of 30, you are still building bone mass. Drink 1% or skim milk to build strong teeth and bones.

## How much water should I drink every day?

Drink half your body weight (in ounces) in water! Stick with me, if you weigh 150 pounds, half your body weight is 75. Therefore, drink 75 ounces -- or just over 9 (8 ounce) cups of water - every day.

## What if I don't like the taste of water?

Add cut up fruit like a slice of lemon or lime, drink tea or coffee, or (if artificial sweeteners don't bother you) add a packet of Kool-Aid or Crystal Light flavoring like lemonade, cherry pomegranate, or peach tea.

